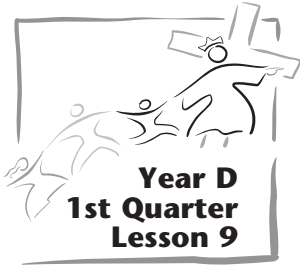


LESSON



Happy or Sad—Praise God

WORSHIP

We praise God together.

Power Text

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God” (Philippians 4:6, NIV).

Key Text and References

1 Samuel 1; 2:1-11; *Patriarchs and Prophets*, pp. 569-574; student story on page 94 of this guide.

Objectives

The students will:

Know that God hears all prayer, whether sad or happy.

Feel that they can bring their problems and their praises to God.

Respond by being willing to talk with the Lord when they’re sad or happy.

Power Point



We praise God by praying to Him whether we are happy or sad.

Getting Ready to Teach

The Bible Lesson at a Glance

Hannah is sad and feels rejected because she doesn’t have a child. She prays and puts her problem in the hands of God. The Lord answers her prayer by giving her a son named Samuel. Hannah dedicates her child to God. When God answers her prayer, Hannah breaks into poetry and praise to the Lord.

This is a lesson about worship.

God wants us to come to Him in our good times and our bad times. He understands better than anyone else how we are feeling. We worship Him by turning to Him in all situations, and by learning to praise Him in all situations.

NINE

Program Notes

Lesson Section	Minutes	Activities	Materials Needed
Welcome	Ongoing	Greet students at door Hear pleased/troubled	
1 Readiness	10-15	A. Pain Experience B. Stress Fractures	Bibles Copies of p.141, pencils
* Prayer and Praise*	15-20	See page 90. *Prayer and Praise may be used at any time during the program.	
2 Bible Lesson	15-20	Introducing the Bible Story	Refer to p. 141
		Experiencing the Story	Adult guest, Bible costume
		Exploring the Bible	Rebus, Bibles, paper, pens/pencils
3 Applying the Lesson	10-15	Puppet Play	Scenarios, finger puppet patterns (p. 142), paper, markers, tape
4 Sharing the Lesson	10-15	Praise Power	Paper, pencils, heavy paper/card, markers

Teacher Enrichment

"Keep your wants, your joys, your sorrows, your cares, and your fears before God. You cannot burden Him; you cannot weary Him. He who numbers the hairs of your head is not indifferent to the wants of His children. 'The Lord is very pitiful, and of tender mercy' (James 5:11). His heart of love is touched by our sorrows and even by our utterances of them. Take to Him everything that perplexes the mind. . . . Nothing that in any way concerns our peace is too small for Him to notice. There is no chapter in our

experience too dark for Him to read; there is no perplexity too difficult for Him to unravel. . . . The relations between God and each soul are as distinct and full as though there were not another soul upon the earth to share His watchcare, not another soul for whom He gave His beloved Son" (*Steps to Christ*, p. 100).

It is said that a problem shared is a problem halved, and a joy shared is a joy doubled.

How much time do I spend daily sharing my problems and joys with God? How important is praise and worship to me?

Teaching the Lesson

Welcome

Welcome students at the door and direct them to their table/small group leader. Have leader ask how their week has been—what they're pleased/troubled about. Then debrief student(s) on their Bible study activities last week. Say: **What was the most interesting part of the Bible story? What activity did you find the most helpful? Which activity was the most fun?** (The leader should know what the students' activities were for the past week so he/she can direct discussion.) Have students begin the readiness activity of your choice.

1

Readiness Activities

Select the activity or activities that are most appropriate for your situation.

You Need:

- Bibles

A. Pain Experience

Ask students if they have heard the rhyme "Sticks and stones will break my bones, but words will never hurt me." Say: **What types of pain is this talking about?** (emotional and physical) **Imagine you have to have some pain in your life right now. Which would you prefer? Those who would choose physical pain—go to the left. Those who would choose emotional pain—go to the right. No one is to remain in the middle.**

Debriefing

When all the students have moved to either the left or the right, count which side is weighted more heavily.

Ask: **Why did you choose the side you did?** Involve the students in a discussion on both types of pain.

Say: **Whatever kind of pain or problem we have, we can take them to God in prayer and He will somehow turn our sadness into gladness. We are praising Him when we turn to Him, even in our pain. Let's find and read today's power text, Philippians 4:6.** Allow time for students to find the verse, then read it aloud together.



We praise God by praying to Him whether we are happy or sad.

B. Stress Fractures

You Need:

- copies of p. 141
- pencils

Distribute the "Stress Fractures" sheets (p. 141) and pencils.

Say: **There are times in all our lives that things happen that worry us. Put a check mark in the column that indicates how you think you might feel if these events happened in your life. It may be difficult to know how you would feel if you have never faced this situation, but try to imagine how you might feel.**

Debriefing

After most of the students have finished marking the sheets, ask: **How many did you mark “Not bothered”? How many situations would make you feel life wasn’t worth living? Are there some that would be more stressful to you than to others? Why?**

Say: **On your paper, put a mark beside the three situations you feel are the most stressful for people your age.** When they have all marked their responses, count how many voted for each one and select the top two or three. Then discuss the responses.

Say: **Sometimes in our lives when we face stressful situations we can become depressed and are tempted to choose unwise ways to cope. Whatever kind of pain or problem we have, we can take it to God in prayer, and He will somehow turn our sadness into gladness. We are praising Him when we turn to Him, even in our pain. Let’s find and read today’s power text, Philippians 4:6.** Allow time for students to find the verse, then read it aloud together.



We praise God by praying to Him whether we are happy or sad.

Notes

Prayer and Praise



Fellowship

Report the students' joys and sorrows (pleased and troubled) as reported to you at the door (as appropriate). If they have given you permission, share one or two special items from students' Bible study during the week. Acknowledge any birthdays, special events, or achievements. Give a special, warm greeting to all visitors.

Suggested Songs

"Behold What Manner of Love" (*He Is Our Song*, No. 42)

"Wonderful Lord" (*He Is Our Song*, No. 47)

"You Are My Wholeness" (*He Is Our Song*, No. 90)

"Lean on Him" (*Praise Time*, No. 58)

Prayer

You Need:

- slips of paper
- pencils
- container

Write out all the letters of the alphabet on slips of paper (place X, Y, and Z all on one). Place all the letters in a container. Have each student take a letter. They are to think of something sad or stressful starting with that letter, then a solution with the same letter. Suggest for those struggling that they can be flexible in what they choose. For example: Stressful "Q"—Quick drivers cause tragic accidents; Solution "Q"—Quiet meditation with God each time we go out in the car.

When all the students have shared their sad or stressful items and their solutions, repeat the power text (Philippians 4:6) and say: **Let's present these sad or stressful situations to God and leave them with Him as He has asked us to.** Pray together.

Mission

Use *Adventist Mission for Youth and Adults* or another mission report available to you.

Offering

At times we may feel as if we have all the worries in the world. But then we watch the news and see images of places far worse off than we are. Giving our offerings is one small act of sharing what we have with those who are in need.

* Prayer and Praise may be used at any time during the program.

2

Bible Lesson

Introducing the Bible Story

Remind the students of the “stress fractures” that you discussed in Readiness Activity B. Remind the students of the two or three items they voted to be most stressful. Ask: **What would have been helpful to ease these situations? Whom might a person in these situations be able to go to for help?** (teacher, pastor, parents, friend) **In our story today, a woman named Hannah went to the Lord in her stress and sadness, just as our power text tells us to do. She also went to Him in her gladness after He had answered her prayer.**

Experiencing the Story

You Need:

- adult guest
- Bible costume

Ahead, ask an adult guest, either male or female, to dress in biblical costume (a simple rectangular cloth over the head, banded) and come tell the story of 1 Samuel 1 in their own words. They will tell the story from the viewpoint of either Hannah or Eli. When they have finished relating the details of 1 Samuel 1, they can ask the students to join them in reading Hannah’s prayer of praise from 1 Samuel 2:1-10. They can read the prayer responsively, the students reading every other verse aloud together.

Debriefing

When the guest is finished, ask: **What people or circumstances in your life provoke, irritate, or depress you?** (Allow those who are willing to share.) **How do you feel about prayer when you are around these people? What does our power text have to say about this?**

What in your life causes you joy? How do you rejoice? What phrases in Hannah’s song are particularly interesting to you? Which ones describe the way you feel when you are rejoicing?

Say: **No matter how we feel, God likes to hear about it.**



We praise God by praying to Him whether we are happy or sad.

Exploring the Bible

Say: **There were others in the Bible who went through times of sadness like Hannah and were able to turn to God. Let’s find and read the following verses:**

1. Job 3:1-11: Job wishes he had never been born (compare Job 42:10).
2. Nehemiah 2:1, 2: Nehemiah wants to see Jerusalem rebuilt (compare Nehemiah 1:4; 2:4).
3. Psalms 6:6, 7: David grieves over the trouble he is facing (compare Psalm 6:9; 126:5, 6).

Alone, or in pairs, choose a verse from one of the passages above and write it as a “Rough Rebus.” A rebus is a riddle or puzzle in which you substitute a picture or a strange spelling for a word. Show the students the sample rebus.

You Need:

- rebus
- Bibles
- paper
- pens/pencils



3

Applying the Lesson

Puppet Play**You Need:**

- scenarios
- finger puppet patterns (p. 142)
- paper
- markers
- tape

Divide the students into groups of three or four. Give each group one of the following scenarios. Also give them a copy of the patterns on p.142, and paper, markers, and tape to make paper finger puppets for each of them. Have the students make themselves finger puppets and then reenact the scenario using the finger puppets. They are then to

read the Bible text listed with their scenario and discuss the pain Jesus and the character in the scenario experienced.

Scenario One: Trent has just moved to a new school. At lunchtime he tries to join a group of his classmates, but they turn their backs on him. (John 1:1, 11)

Scenario Two: Catherine sees her friend Julie with Tom—the guy she thought was her boyfriend. She feels betrayed by Julie, who she thought was her best friend. (Luke 22:54-61)

Scenario Three: Ralph attends a different church as a visitor. He has a speech impediment and speaks very

slowly. He notices several of the other students pointing and laughing at him. (John 10:20)

Scenario Four: Karen's parents are poor and her clothes are hand-me-downs from her older sister. She finds a note left on her locker at school saying that she is ugly. (Mark 12:42, 43)

Debriefing

Bring the groups back together. Say: **There will be times in all our lives when we feel sad, lonely, and depressed.** Ask: **What three steps are we given in Philippians 4:6 that can help us deal with these feelings?** Read or repeat the power text together. Say: **Jesus also experienced emotional pain. God knows our hurts and pain, and He will provide comfort and ability to cope.**



We praise God by praying to Him whether we are happy or sad.

4

Sharing the Lesson

Praise Power**You Need:**

- paper
- pencils
- heavy paper/card
- markers

On sheets of paper have each student write the letters P-R-A-I-S-E under each other so they can form an acrostic. They can use individual words to show their PRAISE for God or

make an acrostic of sentences—the first word of each sentence beginning with one of the PRAISE letters. Use scrap paper at first. Then distribute heavier paper/card, which they can decorate and take home as a reminder to praise God in the good and bad times.

Examples: P-ray even in bad times.
 R-remember all the glad times.
 A-lways give God a chance.
 I-n all things, praise and dance.
 S-ighing will turn to singing.
 E-ventually, peace God's bringing.

P—rayer
 R—efreshes
 A—ll
 I—n
 S—ad
 E—vents

Debriefing

Ask the students to read aloud the words or sentences they have written, and to share what they mean to them. Encourage them to share personally a time when they were “blue” (sad) and how prayer would have or did help them.

Say: **Prayers are not always answered to our liking or in our time. But knowing we can take our troubles to God, and that He cares and listens is a tremendous comfort.**



We praise God by praying to Him whether we are happy or sad.

Closing

Pray that no matter how we are feeling—happy, or sad and depressed—we will know that God loves us, and we will talk to Him. We need to always thank and praise Him for His care for us.

Answer to Rebus (p. 91): “Do not be anxious about anything” (Philippians 4:6, NIV).

STUDENT LESSON

Happy or Sad—Praise God

Key Text

1 Samuel 1;
2:1-11

Power Text

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God” (Philippians 4:6, NIV).

Power Point

We praise God by praying to Him whether we are happy or sad.

Have you ever felt so sad you thought your heart would break? Or ever been so upset that you couldn't stop crying? In this story a woman felt just that way. She was able to find a solution by talking to God about it. Imagine her telling her granddaughters about what happened.

“Tell us the story of our uncle Samuel again,” Abbey and Michal begged their grandmother.

Hannah smiled and stopped her weaving as the girls clamored to get comfortable spots to sit.

“It was a long time ago,” Hannah began, “before your mother was even born. Your grandfather, Elkanah, and I lived in Ramah along with Peninnah, your grandfather's other wife, and all of her children.

“Those were not exactly the happiest years of my life. Your grandfather was always very good to me, but Peninnah enjoyed making my life miserable. You see, at that time, she had children and I didn't. She would taunt me, saying, ‘See how God has blessed me with so many children? What did you do, Hannah? Were you unfaithful to Elkanah? Is that why God hasn't blessed you too?’ There were so many nights when I cried myself to sleep because her words hurt so much.

“Whenever we went to Shiloh to offer the yearly sacrifices, Elkanah would give portions of meat to everyone, but he would give me a double portion. Of course, this only made Peninnah meaner to me. She knew that I was Elkanah's favorite wife. During those trips she would torment me until I would burst into tears and be unable to eat anymore.

“One evening when we were finished eating, I was so upset that I went out near the doorposts of the tabernacle. I started pouring out all of my hurt, pain, and frustration to God. I made a vow. I promised God that if He gave me a son,

I would give that child back to Him.” Abbey and Michal grinned at each other. They knew the part of the story that was coming next.

Hannah continued, “Suddenly, my prayer was interrupted. I heard a man's voice say, ‘How long will you keep on getting drunk? Get rid of your wine’ [1 Samuel 1:12, NIV]. My eyes shot open! Drunk? How could he think I was drunk? Eli, the priest, had been sitting in a chair there by the doorposts and had seen me praying silently in my heart. My lips had been moving, but no sound had been coming out.

“I quickly explained to Eli that I hadn't been drinking at all, I was just emptying my troubled soul to God. He smiled in understanding and blessed me. ‘Go in peace, and may the God of Israel grant you what you have asked of him’ [verses 17, NIV]. When I heard those words, it felt like my heart was dancing inside me with hope.

“About nine months later I gave birth to a beautiful little baby boy.”

“Uncle Samuel!” Michal said loudly with a big smile.

“Yes, it was your uncle Samuel,” Hannah replied. “I loved gazing into his face and tickling his perfect little fingers and toes. Your uncle was a prayer come true. He was the end of my misery and the beginning of my joy.”

“But Grandmother, what about your promise to God?” Abbey asked.

“Oh, I didn't forget about my promise to God. The story is not over yet. I took very good care of Baby Samuel, but

when he was old enough to be separated from me, it was time for me to keep my vow and give him back to God.

"We journeyed to Shiloh to offer sacrifices and I took Samuel to Eli the priest. I told him, 'I am the woman who stood here beside you praying to the Lord. I prayed for this child, and the Lord has granted me what I asked of Him. So now I give him over to the Lord' [verses 17, 18, NIV].

"I prayed a different prayer that day. This time no one accused me of being drunk. I prayed the prayer of praise to God that you both have heard many times."

Hannah took a deep breath and smiled at her granddaughters. "Girls," she said, "never ever forget that God cares about you all the time. You can always talk to Him, no matter what you are feeling. If you're happy or sad, angry or frustrated, hurt or scared, you can always talk to God. You are actually worshiping Him by bringing all your feelings to Him. He doesn't always give you what you ask for, but He always gives you what is best for you."

Sabbath

- Do this week's activity on page 66.

Sunday

- Read "Happy or Sad—Praise God."
- Write your power text on a long narrow strip of paper (like a streamer). Hang it someplace where it will catch the breeze. Each time you see it flutter repeat the words to yourself.
- Pray that God will help you deal with whatever problem you have right now in your home, school, or church.

Monday

- Read 1 Samuel 1:1-8.
- In your Bible study journal, write the names of two family members and two friends. Beside the names write something nice you can do for them, and when and how you plan to do it.
- Pray that you will never ridicule or tease anyone—even if others are taunting them. Ask God to give you the courage to always be pleasant to others.

Tuesday

- Read 1 Samuel 1:9-18.
- Talk out loud to God. You may want to go for a walk outside and do this. Cry out to Him in a "needing" way about what is on your heart. Then stop and be still and whisper, "Thank You, Jesus, for hearing my prayer."
- Sing a song with your family or on your own that makes you feel happy and reminds you of Jesus' love.

Wednesday

- Read 1 Samuel 1:19-23.
- Take a box (shoe box). Cover it with white paper (or paint). Decorate it by drawing a large red cross on the lid. On small Band-Aid-size strips of paper write some things you can praise God for. Put two more strips in the box each day. Then, next time you feel sad you can take these "first-aid" strips out and read them.
- As you pray, repeat to God in a prayerful way some of the things you have written on the strips.

Thursday

- Read 1 Samuel 1:24-28.
- Hannah made a huge sacrifice in giving Samuel back to the Lord. Sometimes we need to give up some things in order to stay close to God.
- List some things you could give up—things that may be keeping you from spending as much time as you should with God.
- Ask God to help you see what is really important in life.

Friday

- Read 1 Samuel 2:1-10. This beautiful prayer that Hannah prayed is like a psalm.
- Write out a short prayer/psalm thanking God for the way He has led your life. Feel free to copy some of the words from Hannah's prayer that are meaningful to you.
- Share your prayer/psalm with your family and with God.